

How to save Mankind from Disease, Intemperance and Crime
from the horrors of War, the curse of Materialism, and
the vice of Cruelty.

TEN REASONS WHY

The use of Flesh-food should be abandoned by all
HUMANE, CULTURED,
PHILANTHROPIC and RELIGIOUS PERSONS.



1.—Flesh-food is *unnatural* for Man. Our greatest anatomists and naturalists are unanimous in stating that our physical structure is that of a fruit-eating creature, and does not resemble in any way that of the Carnivora. To eat the flesh of murdered animals is therefore contrary to our Creator's intention and Will—a fact that is confirmed by reference to the teaching of truly inspired prophets in every Age.

2.—Flesh-food is *unnecessary*. Half the human race do not consume it; many of the strongest nations have abstained from it (the Spartans, Romans, Arabs, Japanese, etc.); and many of the world's long distance athletic Records have been broken, and at the present time held, by Fruitarians.

Experiments conducted in the American Universities at Yale and Harvard, by scientific experts (Professors Chittenden and Irving Fisher), in London by Dr. Josiah Oldfield, and in Brussels by the University authorities, have proved that abstainers from flesh, if properly fed on fruits, cereals, and dairy produce, have superior health, stamina, and endurance. The results of these experiments are corroborated by the experience of thousands of reliable witnesses of all ages, who engage in every form of manual and mental toil.

3.—Flesh-food is *injurious* and often dangerous to health. Many of our worst physical maladies—such

as Cancer, Appendicitis, Gout, Rheumatism, Bright's Disease, Consumption, etc.—are direct consequences of the habit of eating the dead bodies of animals which are frequently afflicted with some malignant ailment when killed, and are *always* impregnated with uric-acid and other toxic waste products even when they are healthy.

More than 50 per cent. of our cattle are estimated to be tuberculous; they suffer from a form of Cancer, and from Anthrax, Swine-fever, Pleuro-pneumonia, Sheep-scab, and Foot and Mouth Disease; and they are also infested by parasites of various kinds. Outside our great cities there is no meat-inspection at all worth mentioning, and the public are ignorantly eating, and feeding their children upon, *garbage*, with dire results.

4.—Flesh-food is the chief cause of Dipsomania. In countries where carnal diet is not habitual the Drink Problem is virtually unknown. Fruitarian drunkards are conspicuous by their non-existence, and it has been demonstrated, in the Inebriate Homes of the Salvation Army and elsewhere, that the worst dipsomaniacs can be speedily cured by a well selected and nutritious fruitarian dietary.

5.—Three-fourths of our Poverty and Crime are the consequences of Intemperance, as admitted by our chief statesmen, statisticians, and social scientists, therefore the importance of Food-Reform as a preventive of these evils is obvious. When men are properly nourished upon non-inflammatory diet which is rich in proteid and nerve and tissue-building substance—such as nuts of all kinds and their products; cereal foods (wheatmeal, oatmeal, macaroni, rice, etc.); legumes (haricots, lentils and peas); fruits of every sort; and dairy produce (cheese, milk and eggs), they do not crave for strong drink, nor are they in danger of taking alcohol to excess.

6.—Carnal diet tends to make men, and other creatures that are fed upon it, pugnacious, quarrelsome and blood-thirsty; whereas, the non-carnivorous nations have been noted for their peaceable disposition. A general return to Man's natural fruitarian



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dietary would tend to eliminate the War-spirit, and thus hasten the Coming Era of Universal Peace and Brotherhood.

7.—The consumption of flesh-food necessitates the infliction of an appalling amount of Pain and Cruelty, and death by violence in its most brutal forms (unmitigated by pity, consideration or mercy) upon at least a million large animals every day in what are called Christian countries. Cattle cannot be reared in vast numbers, transported and butchered, without such suffering; and as the carnivorous habit which involves such brutality and bloodshed is quite unnecessary, it is morally indefensible and discordant with the spirit of Humaneness and true Christianity.

8.—The carnivorous habit involves the brutalisation and degradation of thousands of men, women and boys, through their employment in most revolting forms of work (viz., butchery and offal cleaning etc.) It also brings upon their posterity abnormal, evil, and homicidal tendencies.

9.—The adoption of a natural and fleshless dietary will create an immensely increased demand for agricultural labour. The land will support about eight times as many men when devoted to the production of fruit, cereals, and market garden produce, as it will when used for bovine culture. Thus the alarming evils of rural depopulation, racial deterioration, and the overcrowding of cities, will be rendered possible of alleviation. A national Food-Reformation is essential as a preliminary step to this.

10.—Flesh-food hinders Man's spiritual growth and evolution; it tends to hold him down to the carnal and material plane of thought and consciousness, to make him cruel, ruthless and predatory, and to obscure his spiritual vision. Consequently, the Food-Reform Movement merits the consideration and support of all religious and philanthropic persons, for it will remove the greatest barrier that hinders the attainment of the Christian Ideal.

Sidney H. Beard.

*This leaflet can be obtained for distribution from the Hon. Secretary,
The Order of the Golden Age, 153, 155, Brompton Road, London, S.W.
Price One Shilling per 100, 1/3 post free.*

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